

OCTOBER 2014

# FIFTY PLUS



Lynchburg Parks and Recreation ~ 434-455-5858 ~ [www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec)

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "Orange" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

## TEMPLETON SENIOR CENTER (TSC) 225 Wigginton Road - 455-4115

### ☎ AARP Driving Class

This eight-hour newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! Payable on site to AARP. \$15.00 AARP members, \$20.00 non-members.

Register by 10/17.

74001.320

W & Th 10/22 & 23 9:00am-1:00pm

### \$ Beading with Jamie

Learn beading tips, techniques and terminology. This month's project is a simple floating beaded necklace. Please be sure to pre-register!

Instructor: Jamie Carlund

Register by 10/13. Fee: \$10.00

74404.320

Th 10/16 10:30am-11:30am

### \$ Bridge: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must!

Instructor: Ed Moldenke

Register by 10/17. Fee: \$49.00 LR: \$34.00

74002.321

M 10/20-11/24 9:30am-11:30am

### \$ Bridge: Intermediate

Continue learning the game of bridge as you build on your skills and improve your game. Previous playing experience is necessary. Instructor: Phyllis Moldenke

Register by 10/18.

Fee: \$49.00 LR: \$34.00

74002.320

M 10/20-11/24 9:30am-11:30am



### Therapy Dog Program



"Paws" for a moment and learn about the heart-warming benefits of therapy dogs, trained to provide affection and comfort to people. Dog lover, Pat DeMars, shares her perspective about what qualities therapy dogs and their handlers need to be successful. Enjoy interacting with these special dogs following her presentation.

Tu 10/14 10:30am-11:30am

### \$ Intergenerational Series: Halloween Craft & Meal

Grandparents/Parents can enjoy a time of bonding with their special child as they work together to create fun Halloween items. Supplies and instruction included. A dinner of Monster Stew will follow.

Register by 10/10. Fee: \$4.00/person

73004.322

Tu 10/14 4:30pm-5:45pm

### Astronomy Travel Adventures

Experience the adventures of Neal Sumerlin, retired Lynchburg College Astronomy Professor, as he shares his passion and travels. View a solar eclipse in the South Pacific, the Northern Lights in Iceland, and visit the many observatories in Chile.

Tu 10/21 10:30am-11:30am

### \$ iPhone Basics

The class focus will be on basic features for the iPhone series 5 and up. Learn the fundamentals of the settings, using apps, photo options, and more. Bring your phone and your questions.

Register by 10/24. Fee: \$7.00

73004.321

Tu 10/28 7:15pm-8:45pm

### \$ Mahjong Fun Day

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game. Newcomers are encouraged. Door prizes and lunch provided. Come by and play on Thursdays from 9:30-12:30 and practice up for the big day!

Register by 10/14. Fee: \$10.00

73000.320

Th 10/16 9:00am-3:00pm

### \$ Mahjong Lessons

Learn this ancient Chinese game, similar to the Western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

Register by 10/1. Fee: \$10.00

73004.320

F 10/3-10/17 9:30am-11:30am



### Meet the Author – Dr. Casey Claybough

Lynchburg College professor, Dr. Casey Clabough, author of eleven books and over one hundred periodical publications, will field questions about his latest work, *Idiot's Guide: Creative Writing*. Stop by to meet this interesting and accomplished writer.

W 10/15 10:30am-11:30am

### Musical Memories and Mandolins

Long time musician, Luke Saunders, shares his love of music and his talent for making instruments. Luke has played mandolin for over 50 years and has crafted his own instruments including fiddles, mandolins and guitars. Following the presentation, Luke's son, Doug, joins him on the banjo as they share several musical selections.

Tu 10/28 10:30am-11:30am

### **\$ Sculpt and Tone Exercise Class**

Begin with a cardio workout then focus on trimming and toning using weights, bands, steps and mats.

Instructor: Steffy Whitesell

Register monthly. 4 weeks

Fee: \$36.00 LR: \$24.00 74209.320

Tu Th 10/2-10/30 **6:00pm-7:00pm**

### **Video Chair Exercise Class - FREE**

Get fit and have fun exercising. It's a great exercise program you can do right from your chair!

M,Tu,Th,F 10/2-10/31 9:30am-10:15am

### **\$ Watercolors – Exploring Color**

Discover the beauty of watercolors as you learn how to work from light to dark, layer and blend colors and add depth to your painting. The instructor will also include tips on how to avoid and correct mistakes. Students should bring their own brushes. Instructor: Betty Leary  
Register 10/14.

Fee: \$75.00 LR: \$60.00

74401.320

Th 10/16-11/20 **6:30pm-8:30pm**



### **\$ Watercolors Express**

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes. Instructor: Betty Leary  
Register by 10/17.

Fee: \$23.00 LR: \$15.00

74401.321

Tu 10/21 1:00pm-4:00pm

### **\$ Yoga**

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.320

Tu 10/7-10/28 8:15am-9:05am

### **\$ Zumba**

Energize your day with a great cardio workout as you move to the beat of Latin inspired music.

Instructor: Steffy Whitesell

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74205.320

Tu Th 10/2-10/30 1:00pm-1:45pm

### **\$ Zumba PM**

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74208.320

M W 10/1-10/29 **5:00pm-5:45pm**

### **Coming in November**

#### **\$ Exploring Mindfulness Meditation**

Explore the power of mindfulness meditation, bringing more joy, resilience, and tranquility to your life. Research suggests it may improve mood, decrease stress, boost immune function, and may even change brain function. Learn simple meditation exercises to use at home.

Instructor: Susie Joiner

Register by 10/31.

Fee: \$20.00 LR: \$13.00

74201.330

Tu 11/4-11/18 9:30am-10:30am

#### **\$ Gmail Basics**

Learn the fundamentals for using Gmail: creating an account, settings, filters, creating rules, managing multiple accounts, chat, and more. Bring your own laptop if possible.

Register by 10/31. Fee: \$10.00

73004.331

Tu 11/4 & 11/11 **7:15pm-8:45pm**

#### **\$ Genealogy on the Web**

Interested in tracking your heritage?

There is a world of information waiting to be explored on the internet, but not all sites are created equal. Learn how to use the best ones to full advantage and search the census at home with free sites. New information is constantly being added; now may be the ideal time to find out about your ancestry.

Register by 11/3.

Fee: \$32.00 LR: \$25.00

74003.320

Th 11/6-11/20 10:00am-11:30am

**Veterans Appreciation Luncheon**  
**Monday, November 10 ~ 11:30am-1:00pm**  
**Moose Lodge 715, Lakeside Drive**  
Entertainment, lunch, door prizes, silent auction and more. Tickets available at the Fairview & Templeton Centers from October 13 – November 6. Free to all Veterans, come by for your ticket.  
Non-veteran tickets \$6.00.

### **Special Interest at TSC** **Canasta**

Have fun and challenge your brain as you play this popular card game. New players/beginners are always welcome.

F 10/3-10/31 9:30am-11:30am

### **Current Issues & Events**

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news.

W 10/8 & 10/22 10:30am-11:30am

### **Literature for Life**

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are welcome.

Th 10/9 10:30am-11:30am

### **Mahjong**

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to exercise your brain. Beginners welcome.

Th 10/2-10/30 9:30am-12:30pm

### **Social Bridge**

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu 10/7-10/28 9:30am-11:30am

### **FAIRVIEW CENTER (FC)** **3621 Campbell Ave. - 847-1751**

### **Bingo**

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.

W 10/29 10:30am-11:30am

### **\$ Ceramics Club**

Select your own project. Check with Jamey for pieces and pricing.

Register monthly. Club Fee: \$5.00

W F 10/1-10/31 9:30am-11:30am

### **\$ Core Flex Fitness**

This hour long, challenging class draws from yoga, Pilates and stability ball training to work on your strength and flexibility.

Instructor: Steve O'Neill

Register by 10/2.

Fee \$36.00 LR: \$24.00

63300.322

M 10/6-10/27 **6:30pm-7:30pm**

### **\$ Fairview Fitness**

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63303.320

M W F 10/1-10/31 11:30am-12:20pm

### **\$ Grapevine Fall Wreath**

Create and design a beautiful fall wreath using grapevine, sun flowers, and burlap ribbon.



Register by 10/6. Fee: \$10.00

63600.321

F 10/10 10:30am-12:00pm

### **Halloween Candy Bags**

Please bring in a bag of wrapped candy and help fill the treat bags for the kids in the Fairview Afterschool program.

F 10/31 10:30am-11:00am

### **Intergenerational Family Magic Show**

Abracadabra! Everyone loves a good magic show. Come out to this free show and be dazzled by the Hill City Magicos.

63800.320

Th 10/30 4:00pm-5:00pm

### **Knitting Group**

Interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3<sup>rd</sup> Wednesday each month. Bring your current project or start a new project.

W 10/15 10:00am-12:00pm

### **\$ Lunch and Learn – Vaccine Information and Flu Shots**

Rustburg Pharmacy will be sharing information on the importance of vaccines for seniors and administering Flu Shots, as requested. Flu shots are

covered 100% by Medicare (be sure to bring your card). Please call Rustburg Pharmacy at 434-332-1730 to check all other insurance coverage. Payment of \$30.00 will be collected on site for non-insured participants.

Register for lunch by 10/15.

Fee: \$4.00/lunch

63400.320

W 10/22 11:00am-12:00pm

### **\$ Pottery Craft: Leaf Bowl**

Using clay, create and paint/glaze your leaf shaped bowl. Choose your paint colors and design. This is a two part class.

Register by 10/10. Fee \$8.00

63600.320

F 10/17 & 10/24 10:30am-12:00pm

## **Special Interest at FC**

### **Billiards**

Two tables are available for recreational billiards.

M W F 10/1-10/31 9:30am-1:00pm

### **\$ Line Dance**

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$2.00/class. Pay on site.

W 10/1-10/29 10:30am-11:20am

### **Social Bridge**

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 10/6-10/27 10:00am-11:30am

### **\$ Archery 101**

Archery is a sport for all ages and abilities, so bring your friends or family out for a great day on the range! Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered.

Register by 10/6.

Fee: \$33.00 LR: \$22.00

63300.303

Sat 10/11 **3:00pm-5:00pm**

Rain date 10/18. Same time.



### **\$ Archery 102**

After you have learned the basic elements of archery, improve your focus, patience, and archery skills in this advanced class. Join us as we get a chance to practice our shot and participate in new games and activities. Participants must complete Archery 101 prior to taking Archery 102.

Register by 10/20.

Fee: \$30.00 LR: \$20.00

63300.322

Sat 10/25 **3:00pm-5:00pm**

Rain date 11/1. Same time.

## **OTHER LOCATIONS**

### **\$ Bowling**

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center, 6015 Fort Ave.

Tu 10/7-10/28 1:00pm-3:00pm

### **\$ Fifty-Plus Pickleball**

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis.

No games at HUMC on 10/2.

Staff: Marsha Berry

Register & pay monthly. Fee: \$10.00

Heritage United Methodist Church,  
582 Leesville Road

73703.320

\*Beginners & Intermediate Players

Th 10/9-10/30 1:00pm-3:00pm

\*\*Advanced Players

Th 10/9-10/30 3:00pm-5:00pm

The Fairview Center courts are available for Pickleball (weather permitting) from 9:00 to 11:00 every Monday morning.

### **\$ Fifty-Plus Pickleball Clinic at the Fairview Center**

Learn the basic techniques, skills and rules of this fun sport. Your clinic registration fee also covers the cost of play for the remaining Thursdays at Heritage United Methodist Church.

Register by 10/1. Fee: \$10.00

Fairview Center, 3621 Campbell Ave.  
73703.321

Th 10/2 9:30am-11:30am



### **\$ Fifty-Plus Putt Putt**

Enjoy miniature golf each Monday morning. No registration required. Adults only please. \$3.00/two games.  
Putt-Putt Fun Center, 8105 Timberlake Rd.  
M 10/6/-10/27 10:00am-12:00pm

### **\$ Fifty-Plus Softball**

Play focuses on fun, fellowship and exercise. All players, men and women, age 50 and over are invited to participate regardless of skill level. Staff: Lynn Fox  
Register & pay monthly. Fee: \$10.00.  
Peaks View Park Field # 1  
73702.320  
W F 10/1-10/31 10:00am-12:00pm

### **☎ Golden Gourmet at Harbor Inn**

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Register by 10/22. **Call 455-4115.**  
73700.320

Meet at: Harbor Inn, 3220 Old Forest Rd.  
F 10/24 11:30am-1:30pm

### **New Chapter Book Group**

This month's read is 'The Alchemist's Daughter' by Katherine McMahon. Historical fiction lovers will be swept up in the author's gripping tale of a young woman whose learning is at odds with her heart in eighteenth-century England.  
Meet at: The Drowsy Poet,  
Givens Book Store, 2236 Lakeside Drive  
M 10/27 10:00am-11:30am

### **ART STUDIO AT JACKSON HEIGHTS** 720 Winston Ridge Rd - 455-4001

### **\$ Pottery for Beginners: Hand Built and Wheel (2 classes offered)**

Learn to make clay pottery using both hand-forming and wheel-throwing techniques.  
Instructor: Gail Speidell  
Register by 10/24. 8 Sessions  
Fee: \$103.00 LR: \$88.00  
26000.330  
Tu 10/28-12/16 9:00am-12:00pm **Or**  
26000.331  
W 10/29-12/17 **6:00pm-9:00pm**

### **\$ Stained Glass Panel**

Learn to cut, grind and solder to create a colorful window hanging. No class on 11/27, Thanksgiving. Make up class will be held on Tuesday, 11/25.  
Instructor: Carter Martin  
Register by 10/27.  
Fee: \$105.00 LR: \$90.00  
63600.322  
Th 10/30-12/18 **6:30pm-8:30pm**

### **ACADEMY OF FINE ARTS** 600 Main Street - 846-8499

### **\$ Knitting for Beginners**

Learn basic knitting skills in this two-hour, two-session workshop. All supplies are provided and included in fee. Register by 10/6.  
Fee: \$23.00 LR: \$15.00  
73001.321  
M 10/13 & 10/20 **6:00pm-8:00pm**



### **\$ Tap Dance**

Tap into better health as you polish up your knowledge of basic tap steps and add more tap combinations. Get your heart rate up and your feet moving. Knowledge of basic tap steps is needed for this class.  
Instructor: Jamey Love  
Register by 10/15.  
Fee: \$35.00 LR: \$23.00  
74208.321  
Tu 10/21-11/25 1:00pm-2:00pm

### **\$ Oil Painting for Beginners**

Create landscape and still life paintings while learning how to use your tools, set up your palette, and develop a color theme. Please bring a 11" X 14" canvas and a primary color oil paint set. Brushes needed for class are: Thin Liner Brush, Medium Flat Brush and a Round Brush. Synthetic brushes can be used.  
Register by 10/8. Beginners only.  
Instructor: Linda Duff  
Register by 9/3.  
Fee: \$75.00 LR: \$60.00  
74401.323  
W 10/15-11/5 **6:30pm-8:30pm**

### **We Are Looking For Historical Information on Miller Park School.**

Did you or a family member attend the school; do you have old photos or stories to share? Please contact Marsha Berry at 455-4115 with information regarding this school building, also known the Janet Snead Elementary School. We look forward to sharing your memories as we prepare to return to the Miller Center.

### **Newsletters are available for pick-up at the following locations:**

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



### **City Wide Program Staff**

Allyson McSwain,  
Supervisor City-Wide Centers

Lynn Fox,  
Senior Recreation Specialist  
Templeton Senior Center

Marsha Berry,  
Recreation Specialist  
Templeton Senior Center

Jamey Love,  
Recreation Specialist  
Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.